

Lifestyle Disease: It's Your Choice

I call a lifestyle disease something that can be controlled by our personal choices such as physical exercise, poor eating habits and a lack of sleep. These diseases cause us to constantly live in a stressful state, a yo-yo lifestyle of up and down the emotional roller coaster and overindulging in unhealthy eating habits.

The world is in a mess when it comes to our health and well-being—spiritually, mentally and physically. Spiritually, many still refuse to accept Jesus as Lord of their life. Mentally, we struggle with emotional problems of depression, anger, jealousy and self-defeating behaviors.

Last but not least is our physical state. As a nation we are in a crisis mode because we do not take the responsibility of taking care of ourselves.

As a child of God, we are told in Romans 12:1-2 to present our bodies a living sacrifice and not to be conformed to the world but be transformed by the renewing of our minds. We are in captivity because we have no knowledge (Is. 5:13). We need to learn about our bodies, how we are created and what we need to do to be good stewards of the bodies that were created in God's likeness and image.

We all desire a good, healthy life full of joy and peace. God has provided everything we need, according to 2 Peter 1:3: "As His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue."

Change is never easy. It is easier to live in a rut than to break a habit! You get comfortable in your rut as you go around the mountain of strongholds in your mind, leading you

into harmful habits.

How do you get started? It is really simple, so simple that in the midst of our stress we often overlook the way of escape that God has promised.

It cannot be bought; it can only be received by simply asking the Lord for help: "Lord, I cannot do this on my own. I need for You to give me understanding and wisdom in dealing with my lifestyle decisions every day."

We were created spirit, soul and body, and we must understand how to function as a child of God in this world. Your soul (your mind, will and emotions) is the connector between your spirit and body.

John tells us, "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers" (3 John 1:2). As your soul (your mind) prospers in knowledge, you will prosper in all areas of your life and be in health.

When you are seeking for answers, the Holy Spirit has promised to be your guide in every area of your life. He will lead you to the right source of information and give you understanding that will set you free.

Job 23:12 tells us how Job walked through his trial in life: "I have treasured the words of His mouth more than my necessary food." The real problem is not a lack of food, but spiritual and emotional malnutrition that we try to fix by feeding it "feel good" foods.

What was Job's end? "You have heard of the perseverance of Job and seen the *end intended by* the Lord—that the Lord is very compassionate and merciful" (James 5:11, emphasis added).

Take a good look at your life. Are you living the abundant life that Jesus promised for you? No matter where you are, you can take a step towards a healthy, happy lifestyle that will

fill your heart with joy. You can enjoy life in this dark world because you are walking in the light.

If you desire to experience the life God created for you, know this: You can! Yes, it will require you to pick up your cross of bad habits and make some lifestyle changes, but the rewards are out of this world.

After surrendering my weight problem to God, He gave me a battle plan that started on the inside and worked 88 pounds from my body!

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